Living with Osteoporosis

FACTS:

- 1 in 3 women & 1 in 5 men aged 50 years or older will suffer a fracture due to osteoporosis
- More likely to break bones in the hip, forearm, wrist and spine
- Loss of muscle strength increases tendency to fall

Risk Factors:

- Physical inactivity
- Smoking
- Low dietary calcium intake
- Low levels of vitamin D
- Long-term use of some medications (corticosteroids, thyroid medications, epilepsy medications)
- Deficiency of estrogen in women

Don’t wait until you have a broken bone to take steps to improve your bone health – you can start at any age!

Physical therapists can help you take steps to prevent falls by creating an exercise program to improve balance and leg strength.
How to Limit Risk Factors, Feel Confident & Safe:

**Nutrition Impact**

Enjoy Foods that are high in:

- Calcium such as yogurt, canned sardines and salmon
- Magnesium such as spinach, beets, okra, and sweet potatoes
- Vitamin C such as red and green peppers, oranges, grapefruit and strawberries

*Avoid foods that increase calcium loss such as red meats, salt, and soft drinks

**The Importance of Physical Activity**

- Weight-bearing exercise is key! This can be high-impact exercise or low impact exercise.
- High-impact exercises are dancing, hiking, jogging/running, jumping rope, or tennis.
- Low-impact exercises are using elliptical training machines, using stair-step machines, fast walking on a treadmill or outside, and muscle-strengthening exercises.
- A physical therapist can help you learn which exercises are safe and appropriate for you.

**Prevention & Precautions**

- Minimize Caffeine and Alcohol Intake
- Don’t Smoke
- Get an Annual Eye Exam, and be sure to update your eyeglasses if necessary
- Make Your Home Safer by getting rid of things you could trip over and make sure your home has lots of light to see your walking path

**References:**


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